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Nature Learning • Inspire Growth

Name:

Grade:

Date:

My Feelings Thermometer

How Big Is My Feeling Today? Color the thormometer!



Calming Strategies

- Level 1**
Keep smiling • Share what makes you happy
★ Take slow deep breaths
- Level 2**
Jump 5 times to wiggle it out
★ Doodle or draw something fun
★ Sing a silly song
- Level 3**
Talk to a trusted adult
★ Drink some water
★ Close your eyes & breathe 3 times
- Level 4**
Take 5 deep breaths
★ Count to 10 slowly
★ Step away for a quiet minute
- Level 5**
Ask an adult for help
★ Find a calm quiet corner
★ Hug a soft toy or take a break

Today I feel at level _____ because _____

What I can do to feel better: _____

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